



**Cincinnati SportsMedicine
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**NEW STUDY ON ACL INJURIES:
IF ONE IS GOOD, IS TWO BETTER? NOT NECESSARILY, WHEN IT COMES TO ACL REPAIR**

CINCINNATI – A new study from the Cincinnati SportsMedicine and Orthopaedic Center shows that a growing practice of using a double anterior cruciate ligament graft to repair ACL injuries is not necessarily superior to a single graft.

The study is led by Dr. Frank Noyes, a leading expert on ACL surgery and president and medical director of Cincinnati SportsMedicine & Orthopaedic Center and its Foundation. Results of the study were presented at the recent American Academy of Orthopaedic Surgeons annual meeting in Las Vegas.

The study, which looked at anterior cruciate ligament or ACL function as well as single and double graft reconstructions, showed that there was not enough evidence to recommend the more complex double bundle ACL graft technique over a single graft. Instead, the precise location and attachment of the graft in the knee seems to be most important.

“When the ACL tears, it’s like a mop end, and we can’t repair it,” said Dr. Noyes. “To that end, we put in a graft and take a tendon around the knee joint. Then using an arthroscope, we precisely place the new ligament into the knee joint; this allows the body to remodel a new strong ligament over several months.”

“The biggest problem a surgeon has had was where to place the ligament,” said Dr. Noyes. “If the graft is out of place by even two to four millimeters, function will be compromised and knee instability may result.”

Dr. Noyes recently published his conclusions in Sports Health, titled "The Function of the Human Anterior Cruciate Ligament and Analysis of Single and Double-Bundle Graft Reconstructions." This is one of the most comprehensive analysis published on teaching the surgeon how to identify by anatomical landmarks the proper placement of ACL grafts. This data is required to have a high success rate of ACL surgery.

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Frank R. Noyes, President and Medical Director of Cincinnati Sportsmedicine and Orthopaedic Center, Cincinnati SportsMedicine Research and Education Foundation and the Noyes Knee Institute, is a board-certified orthopaedic surgeon and an internationally known expert on the diagnosis and treatment of knee problems. He is a prolific researcher, publishing over 200 studies and articles in the world's top orthopaedic journals. Dr. Noyes is a member of the American Orthopaedic Society for Sports Medicine and the American Academy of Orthopaedic Surgeons. His accomplishments earned him inclusion in The Best Doctors in America and most recently inducted into the Sports Medicine Hall of Fame.

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